

Dance Instructions – Sister Blanche of St. Andrews

As promised the instructions for the first dance we taught last evening.

Sister Blanche of St. Andrews

32 bar Jig for 3 couples

1-8 1st couple dance a figure of eight on the sides around 2nd & 3rd couples. 1st couple begins by dancing in and down.

9-16 1st, 2nd and 3rd couples dance back to back and turn once around with the right hand

17-24 1st couple lead down the middle and up. 1st couple stay together and 2nd couple step in ready for a poussette.

25-32 1st & 2nd couple dance the poussette.

Repeat having passed a couple

The poussette:

Bar 1: out to the side,

Bar 2: quarter turn,

Bar 3: progress up or down

Bar 4: quarter turn,

Bar 5: move into the middle

Bar 6: half turn

bars 7 & 8: retire to the side lines

Hope this helps.